

Growing Healthy Families

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Winter is “snow” much fun!



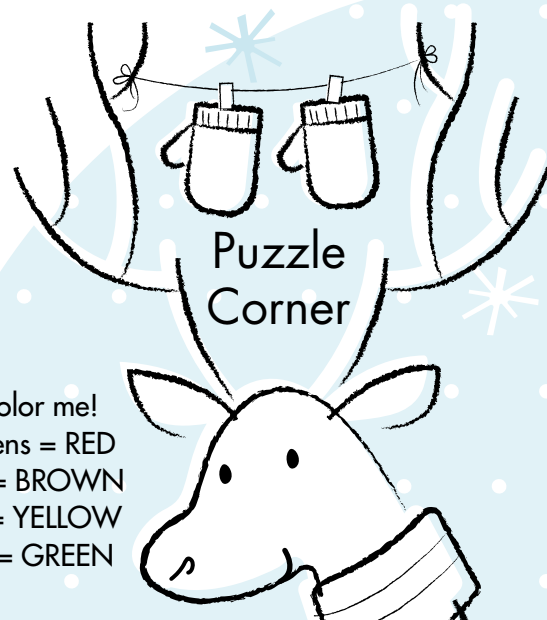
Keep your kids active this winter

Keeping your children active in the winter can sometimes be a challenge. Just because there is snow on the ground or the temperature is chilly doesn't mean you have to stay indoors. Just remember to bundle up with hats, scarves, gloves, and warm boots. Here are some ideas for you and your children to have some fun this winter:

- Build a snowman
- Blow bubbles — kids love to watch the bubbles freeze into ice
- Help a neighbor shovel their driveway or sidewalk
- Go sledding

Check out these resources for finding safe, fun sledding hills in your area:

www.findandgoseek.net and
www.kidsvt.com/vermont/slip-slidin-away





Holiday helpers

Overwhelmed with cooking for the holidays? Let your kids help! Here are some tips for getting your kids involved in meal preparation.

Pouring and scooping ingredients into measuring tools

Teach them how to level the dry ingredients by using a straight edge, or eyeballing the liquid ingredients in a measuring cup.

Stirring batter using a wooden spoon or whisk

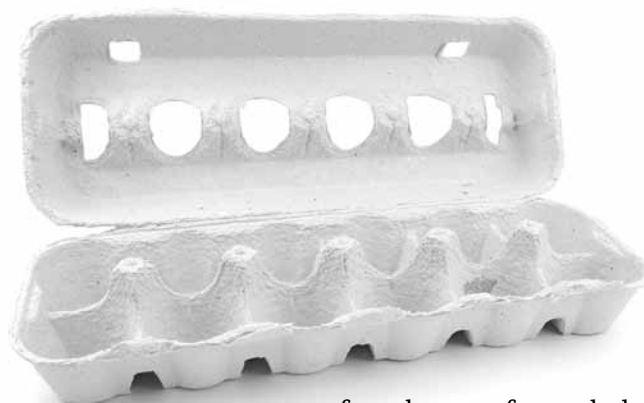
Preschoolers can start learning to use different techniques, such as whipping or whisking.

Scrubbing vegetables or tearing lettuce

Kids love to be around water.

Cleaning up!

Children can wipe up spills, put away clean flatware, and use brooms or swiffers to clean up the floor.



Cooking without eggs

Whether it's a food allergy, a lifestyle choice or you just ran out, sometimes you may need a substitute for eggs in your baking. Applesauce is one of the easiest substitutes for eggs because it's inexpensive, easy to find and you can make your own from apples. You can substitute $\frac{1}{4}$ cup

of applesauce for a whole egg in *most* baked goods. Some other substitutes for eggs are cooked pumpkin, mashed banana, or avocado puree. Apples contain fiber, vitamin C and are naturally fat free. Fiber helps your digestive system function smoothly and keeps you fuller longer. One apple contains 80% of your daily vitamin C needs which can give your immune system a needed boost in the winter.

Applesauce Oatmeal Cookies

Makes 18 cookies

3 ripe bananas*
2 cups rolled oats
 $\frac{1}{3}$ cup unsweetened applesauce*
1 teaspoon vanilla extract
3 tablespoons finely chopped walnuts (optional)

*WIC foods

Heat oven to 350°F.

Mash bananas with a fork in a bowl. Stir in oats, applesauce, walnuts and vanilla. Mix well. Drop on greased cookie sheet and bake for 20 minutes.

Nutrient analysis per cookie: calories 100, protein 3 grams, carbohydrate 18 grams, fat 1.5 grams, sodium 0 milligrams, fiber 3 grams



The new WIC card

Families in Rutland began using the new WIC card in July. By April, 2016 all WIC office locations will have transitioned to using the new WIC card. This means convenience, flexibility and choices for all Vermont WIC families.

New food items are available when you make the switch to using the WIC card! Yogurt, whole wheat pasta, and wheat and corn tortillas are brand new to Vermont WIC. Other items, such as national brands of peanut butter, new options for bread, and over a dozen brands of breakfast cereal have been added to the food list.

Whether you switch to using the WIC card this winter or spring, you will have the opportunity to shop for a variety of healthy WIC foods at a store near you.

For more information about the new WIC card, check out our webpage:

www.healthvermont.gov/wic

Ask Dr. Lewis First

Q: My child seems to have a lot of ear infections. Should he have his tonsils out?

Dr. First: Let me try to provide a mouthful of information on this topic.

There is no evidence that removing tonsils is of any benefit in the treatment or prevention of ear infections.

How do you get tonsillitis? Usually someone else's sneezing or coughing will pass a bacteria or virus to another person. So all family members should wash their hands frequently to prevent spreading germs that can cause this problem. Staying hydrated with tonsillitis is also important. If antibiotics are used, a child is no longer contagious after 24 hours of treatment and can go back to school at that point.

What is tonsillitis? Tonsils are lumps of tissue on both sides of the throat that help trap bacteria and viruses, and fight infections by producing proteins. Tonsillitis occurs when the tonsils become infected (often a strep infection) and swell up. Symptoms include sore throat, fever, and swollen glands.

Surgical removal of tonsils (tonsillectomy) is not something done automatically because of the potential immune benefits of having tonsils, and because treatment of acute tonsillitis is fairly simple (antibiotics and/or a few days time for the germ to be removed by the body's immune system). Tonsillectomy is considered when swollen tonsils cause your child to have chronic difficulty swallowing or breathing comfortably over a period of weeks or months, has recurrent sore throats (defined as 7 episodes in 1 year or 5 in each of 2 consecutive years), or stops breathing at night for a few seconds because the swollen tonsils block the airway.

While tonsil removal is fairly minor, surgery complications of bleeding or blockage of the airway can occur. Thus, antibiotics remain the first choice for tonsillitis treatment.

Hopefully this information was not too much to swallow and will help you understand when a tonsillectomy is needed.

Dr. Lewis First is Chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care.



We nourish families.



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WIC Newsletter • Winter



One must maintain a
little bittle of summer,
even in the middle of
winter.

~Henry David Thoreau

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